

Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:05 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-------------|----------|-----------|
| Mon - 05/01/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SAND BRKFST:CROISSA, SAUSG&CHZ | 1 EACH | 218 | 13.58 | 13.35 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| PINEAPPLE TIDBITS CND | 1/2 CUP | 62 | 15.39 | 0.0 |
| APPLE SLICED CND | 1/2 cup | 44 | 10.49 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 343 | 53.42 | 7.77 |
| % of Calories | | | 62.2% | 20.4% |
| Nutrient Guideline | | 450-600 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:05 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Tue - 05/02/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SMOOTHIE FRUIT SAMURAI:blendNE | Smoothie | 220 | 47.48 | 0.75 |
| MUFFIN: WG BLUEBERRY | 1 muffin/square | 318 | 53.03 | 9.2 |
| DONUT: MINI CHOCOLATE | package | 320 | 41.0 | 15.0 |
| DONUT: MINI POWDERED | package | 270 | 41.0 | 11.0 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| BREAD: WG TOAST (1G) | 1 toast | 83 | 13.33 | 2.67 |
| PEACHES DICED CND | 1/2 CUP | 50 | 11.99 | 0.0 |
| STRAWBERRIES: WHOLE UNSWEETNED | 1/2 CUP | 27 | 6.99 | 0.08 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| CONDIMENT: JELLY | INDV CUP | 18 | 4.5 | 0.0 |
| Weighted Daily Average | | 543 | 99.51 | 10.10 |
| % of Calories | | | 73.3% | 16.7% |
| Nutrient Guideline | | 450-600 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-------------|----------|-----------|
| Wed - 05/03/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| PIZZA BRKFST SAUSAGE WG:K12 | 1 slice | 210 | 26.0 | 8.0 |
| BREAD: TOASTED WW BAGEL: K12 | 1 BAGEL | 180 | 38.0 | 1.0 |
| CONDIMENT: CREAM CHEESE LIGHT | INDV CUP | 60 | 2.0 | 5.0 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| APPLESAUCE: CINNAMON CND | 1/2 CUPS | 58 | 15.97 | 0.09 |
| JUICE ORANGE 100% | 4 oz cup | 60 | 14.0 | 0.0 |
| JUICE: APPLE 100% 4 oz Suncup | 1 EACH | 50 | 13.0 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 424 | 79.61 | 5.88 |
| % of Calories | | | 75.1% | 12.5% |
| Nutrient Guideline | | 450-600 | | |

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Thu - 05/04/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| TAC-GO: HAM, EGG & CHZ WG | 1 EACH | 180 | 15.0 | 9.0 |
| BRKFST UBR CINNAMON | 1 brkfst round | 250 | 43.0 | 7.0 |
| DONUT: GLAZED RING | 1 EACH | 314 | 37.74 | 16.1 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| BREAD: WG TOAST (1G) | 1 toast | 83 | 13.33 | 2.67 |
| FRUIT MIX CND | 1/2 CUP | 61 | 13.13 | 0.0 |
| PEACHES: SLICED CND | 1/2 CUP | 50 | 13.22 | 0.12 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| CONDIMENT: JELLY | INDV CUP | 18 | 4.5 | 0.0 |
| Weighted Daily Average | | 429 | 76.42 | 8.29 |
| % of Calories | | | 71.2% | 17.4% |
| Nutrient Guideline | | 450-600 | | |

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Fri - 05/05/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SMOOTHIE CHOC BANANA:blendNE | Smoothie | 350 | 57.02 | 11.4 |
| MUFFIN: WG BANANA | 1 muffin/square | 350 | 60.94 | 9.23 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| PEARS: SLICED CND | 1/2 CUP | 57 | 13.34 | 0.0 |
| JUICE: APPLE 100% 4 oz Suncup | 1 EACH | 50 | 13.0 | 0.0 |
| JUICE: GRAPE 100% 4 oz Suncup | 1 EACH | 80 | 19.0 | 0.0 |
| JUICE ORANGE 100% | 4 oz cup | 60 | 14.0 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 731 | 132.84 | 14.53 |
| % of Calories | | | 72.7% | 17.9% |
| Nutrient Guideline | | 450-600 | | |

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

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| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Mon - 05/08/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| WAFFLES MINI MAPLE | 1 package | 200 | 34.93 | 4.99 |
| SAND BRKFST:CROISSA, SAUSG&CHZ | 1 EACH | 218 | 13.58 | 13.35 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| ORANGE MANDARIN CND | 1/2 CUP | 54 | 12.52 | 0.0 |
| JUICE: APPLE 100% 4 oz Suncup | 1 EACH | 50 | 13.0 | 0.0 |
| JUICE: GRAPE 100% 4 oz Suncup | 1 EACH | 80 | 19.0 | 0.0 |
| JUICE ORANGE 100% | 4 oz cup | 60 | 14.0 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 446 | 81.50 | 6.77 |
| % of Calories | | | 73.1% | 13.7% |
| Nutrient Guideline | | 450-600 | | |

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| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Tue - 05/09/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| DONUT: MINI POWDERED | package | 270 | 41.0 | 11.0 |
| DONUT: MINI CHOCOLATE | package | 320 | 41.0 | 15.0 |
| BREAD: WG TOAST (1G) | 1 toast | 83 | 13.33 | 2.67 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| PEARS: DICED CND | 1/2 CUP | 60 | 14.02 | 0.0 |
| ORANGE MANDARIN CND | 1/2 CUP | 54 | 12.52 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| CONDIMENT: JELLY | INDV CUP | 18 | 4.5 | 0.0 |
| Weighted Daily Average | | 327 | 63.32 | 3.56 |
| % of Calories | | | 77.6% | 9.8% |
| Nutrient Guideline | | 450-600 | | |

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| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-------------|----------|-----------|
| Wed - 05/10/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SAND BRKFST:CROISSANT, EGG&CHZ | 1 EACH | 228 | 14.56 | 14.29 |
| BREAD: CINNAMON ROLL (2oz) | 1 EACH | 208 | 42.45 | 1.58 |
| MUFFIN: IW DOUBLE CHOC. 2oz | 1 muffin | 190 | 32.0 | 6.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| APPLESAUCE: UNSWEETEND | 1/2 CUP | 53 | 14.4 | 0.06 |
| CRISP: PEACH | #8 disher | 192 | 31.74 | 7.24 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 502 | 89.80 | 10.09 |
| % of Calories | | | 71.6% | 18.1% |
| Nutrient Guideline | | 450-600 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Thu - 05/11/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| BRKFST ACTION: PANCAKES W/TOP | 1 EACH | 306 | 64.81 | 4.44 |
| DONUT: GLAZED RING | 1 EACH | 314 | 37.74 | 16.1 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| PEACHES: SLICED CND | 1/2 CUP | 50 | 13.22 | 0.12 |
| STRAWBERRIES: SLICED SWEETENED | 1/2 CUP | 133 | 37.85 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 503 | 105.55 | 6.43 |
| % of Calories | | | 84.0% | 11.5% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|-------------|----------|-----------|
| Fri - 05/12/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SMOOTHIE: MANGO PINE: blender | Smoothie | 275 | 57.51 | 2.75 |
| MUFFIN: WG BANANA | 1 muffin/square | 350 | 60.94 | 9.23 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| FRUIT MIX CND | 1/2 CUP | 61 | 13.13 | 0.0 |
| JUICE: APPLE 100% 4 oz Suncup | 1 EACH | 50 | 13.0 | 0.0 |
| JUICE: GRAPE 100% 4 oz Suncup | 1 EACH | 80 | 19.0 | 0.0 |
| JUICE ORANGE 100% | 4 oz cup | 60 | 14.0 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 675 | 130.23 | 9.34 |
| % of Calories | | | 77.2% | 12.4% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-------------|----------|-----------|
| Mon - 05/15/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| PANCAKES MINI MAPLE | 1 package | 210 | 34.96 | 5.99 |
| PANCAKES MINI STRWBERRY | 1 package | 240 | 42.0 | 7.0 |
| SAND BRKFST:CROISSANT, EGG&CHZ | 1 EACH | 228 | 14.56 | 14.29 |
| BREAD: TOASTED WW BAGEL: K12 | 1 BAGEL | 180 | 38.0 | 1.0 |
| CONDIMENT: CREAM CHEESE LIGHT | INDV CUP | 60 | 2.0 | 5.0 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| PINEAPPLE TIDBITS CND | 1/2 CUP | 62 | 15.39 | 0.0 |
| BLUEBERRIES: FRZ | 1/2 CUP | 40 | 9.67 | 0.51 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 465 | 89.22 | 6.53 |
| % of Calories | | | 76.7% | 12.6% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|-------------|----------|-----------|
| Tue - 05/16/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SMOOTHIE DREAMY PEACH:blender | 1 smoothie | 150 | 31.47 | 0.75 |
| MUFFIN: WG BANANA | 1 muffin/square | 350 | 60.94 | 9.23 |
| DONUT: GLAZED RING | 1 EACH | 314 | 37.74 | 16.1 |
| BREAD: WG TOAST (1G) | 1 toast | 83 | 13.33 | 2.67 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| PEACHES DICED CND | 1/2 CUP | 50 | 11.99 | 0.0 |
| STRAWBERRIES | 1/2 cup | 24 | 5.84 | 0.23 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| CONDIMENT: JELLY | INDV CUP | 18 | 4.5 | 0.0 |
| Weighted Daily Average | | 378 | 65.69 | 7.71 |
| % of Calories | | | 69.6% | 18.4% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Wed - 05/17/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| PIZZA BRKFST SAUSAGE WG:K12 | 1 slice | 210 | 26.0 | 8.0 |
| SAND BRKFST:ENG MFN HAM,EG&CHZ | 1 EACH | 276 | 25.82 | 11.42 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| APPLESAUCE: CINNAMON CND | 1/2 CUPS | 58 | 15.97 | 0.09 |
| JUICE: APPLE 100% 4 oz Suncup | 1 EACH | 50 | 13.0 | 0.0 |
| JUICE: GRAPE 100% 4 oz Suncup | 1 EACH | 80 | 19.0 | 0.0 |
| JUICE ORANGE 100% | 4 oz cup | 60 | 14.0 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 460 | 81.23 | 7.47 |
| % of Calories | | | 70.6% | 14.6% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Thu - 05/18/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| PARFAIT CHUNKY MONKEY | Parfait | 656 | 104.03 | 21.45 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| BREAD: WG TOAST (1G) | 1 toast | 83 | 13.33 | 2.67 |
| FRUIT MIX CND | 1/2 CUP | 61 | 13.13 | 0.0 |
| PEACHES: SLICED CND | 1/2 CUP | 50 | 13.22 | 0.12 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 469 | 87.69 | 7.38 |
| % of Calories | | | 74.8% | 14.2% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Fri - 05/19/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SMOOTHIE STR. BANANA: blendNE | Smoothie | 224 | 47.1 | 3.09 |
| MUFFIN: WG BANANA | 1 muffin/square | 350 | 60.94 | 9.23 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| PEARS: SLICED CND | 1/2 CUP | 57 | 13.34 | 0.0 |
| JUICE: APPLE 100% 4 oz Suncup | 1 EACH | 50 | 13.0 | 0.0 |
| JUICE: GRAPE 100% 4 oz Suncup | 1 EACH | 80 | 19.0 | 0.0 |
| JUICE ORANGE 100% | 4 oz cup | 60 | 14.0 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 610 | 118.05 | 8.59 |
| % of Calories | | | 77.4% | 12.7% |
| Nutrient Guideline | | 450-600 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Mon - 05/22/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| CINNAMON MINI BAGELS | Package | 240 | 41.0 | 6.0 |
| STRAWBERRY MINI BAGELS | Package | 230 | 41.0 | 6.0 |
| SAND BRKFST:CROISSA, SAUSG&CHZ | 1 EACH | 218 | 13.58 | 13.35 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| ORANGE MANDARIN CND | 1/2 CUP | 54 | 12.52 | 0.0 |
| JUICE: APPLE 100% 4 oz Suncup | 1 EACH | 50 | 13.0 | 0.0 |
| JUICE: GRAPE 100% 4 oz Suncup | 1 EACH | 80 | 19.0 | 0.0 |
| JUICE ORANGE 100% | 4 oz cup | 60 | 14.0 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 453 | 80.24 | 7.80 |
| % of Calories | | | 70.9% | 15.5% |
| Nutrient Guideline | | 450-600 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|-------------|----------|-----------|
| Tue - 05/23/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| SMOOTHIE SUMMER:blender | 1 smoothie | 159 | 33.7 | 0.75 |
| MUFFIN: WG BLUEBERRY | 1 muffin/square | 318 | 53.03 | 9.2 |
| DONUT: GLAZED RING | 1 EACH | 314 | 37.74 | 16.1 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| BREAD: WG TOAST (1G) | 1 toast | 83 | 13.33 | 2.67 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| PEARS: DICED CND | 1/2 CUP | 60 | 14.02 | 0.0 |
| ORANGE MANDARIN CND | 1/2 CUP | 54 | 12.52 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| CONDIMENT: JELLY | INDV CUP | 18 | 4.5 | 0.0 |
| Weighted Daily Average | | 466 | 85.48 | 7.89 |
| % of Calories | | | 73.4% | 15.2% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|-----------------|----------------|-------------|--------------|
| Wed - 05/24/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| BREAD: CINNAMON ROLL (2oz) | 1 EACH | 208 | 42.45 | 1.58 |
| MUFFIN: WG APPLE CINNAMON | 1 muffin/square | 320 | 53.92 | 9.1 |
| MUFFIN: WG BANANA | 1 muffin/square | 350 | 60.94 | 9.23 |
| MUFFIN: WG BLUEBERRY | 1 muffin/square | 318 | 53.03 | 9.2 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CHEESE STRING | 1 stick | 80 | 1.0 | 6.0 |
| APPLESAUCE: UNSWEETEND | 1/2 CUP | 53 | 14.4 | 0.06 |
| CRISP: PEACH | #8 disher | 192 | 31.74 | 7.24 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 528 | 99.54 | 9.26 |
| % of Calories | | | 75.5% | 15.8% |
| Nutrient Guideline | | 450-600 | | |

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Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

May 1, 2017 thru May 25, 2017

9-12 BREAKFAST

Generated on: 4/19/2017 9:31:06 PM

| | Portion Size | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-------------|----------|-----------|
| Thu - 05/25/2017 | | | | |
| 9-12 BREAKFAST | Total | | | |
| WAFFLE MAKER MIX | 1 waffle | 213 | 44.71 | 2.54 |
| DONUT: MINI CHOCOLATE | package | 320 | 41.0 | 15.0 |
| DONUT: MINI POWDERED | package | 270 | 41.0 | 11.0 |
| CEREAL BAR CINN TOAST CRUNCH | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR TRIX | 1 BAR | 151 | 30.19 | 3.02 |
| CEREAL BAR COCOA PUFFS | 1.42 OZ BAR | 151 | 30.19 | 3.02 |
| CEREAL COLD APPLE JACKS | 1 bowl | 111 | 24.3 | 1.01 |
| CEREAL COLD CHEERIOS | 1 bowl | 101 | 20.25 | 2.03 |
| CEREAL COLD CINNAMON FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD CINN. TOAST CRUNCH | 1 bowl | 110 | 22.0 | 3.0 |
| CEREAL COLD COCOA PUFFS | 1 bowl | 110 | 25.0 | 1.5 |
| CEREAL COLD FROSTED FLAKES | 1 bowl | 100 | 24.0 | 0.0 |
| CEREAL COLD FROOT LOOPS | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL COLD RICE KRISPIES | 1 bowl | 100 | 23.0 | 0.5 |
| CEREAL COLD TRIX | 1 bowl | 110 | 24.0 | 1.0 |
| CEREAL HONEY NUT CHEX | 1 EACH | 120 | 27.0 | 1.0 |
| BREAD: WG TOAST (1G) | 1 toast | 83 | 13.33 | 2.67 |
| CONDIMENT: JELLY | INDV CUP | 18 | 4.5 | 0.0 |
| PEACHES: DICED CND | 1/2 CUP | 52 | 13.76 | 0.13 |
| STRAWBERRIES: SLICED SWEETENED | 1/2 CUP | 133 | 37.85 | 0.0 |
| APPLE: 125-138ct | 1 EACH | 58 | 15.41 | 0.19 |
| ORANGE WHOLE:138ct | 1 EACH | 63 | 15.66 | 0.16 |
| BANANAS REGULAR:100-120ct | 1 EACH | 121 | 31.06 | 0.45 |
| MILK: SKIM WHITE, LAND O LAKES | 1 EACH | 90 | 13.0 | 0.0 |
| MILK: 1% LOWFAT, LAND O LAKES | 1 EACH | 110 | 13.0 | 2.5 |
| MILK: CHOCOLATE SKIM, TRUMOO | 1 EACH | 120 | 20.0 | 0.0 |
| MILK: SOY VANILLA CREAMY PEARL | 1 EACH | 110 | 11.0 | 3.5 |
| Weighted Daily Average | | 592 | 121.67 | 9.59 |
| % of Calories | | | 82.2% | 14.6% |
| Nutrient Guideline | | 450-600 | | |

| | | | | |
|------------------|--|-----|-------|-------|
| Weighted Average | | 492 | 91.63 | 8.16 |
| | | | 74.5% | 14.9% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 492 | | 450 - 600 | 100% | | | | |
| Carbohydrate (g) | 91.63 | 74.52% | | | | | | |
| Total Fat (g) | 8.16 | 14.93% | | | | | | |

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